

DINNERLY



Reduced-Carb Japanese Chicken Salad with Radish, Cucumber and Seeds



25 minutes



2 Servings

Low in carbs but big on flavour, this dish hits the trifecta for freshness, flavour and crunch. Top a cucumber and radish salad with juicy marinated chicken, then finish with toasted sunflower seeds.

WHAT WE SEND

- 1 Lebanese cucumber
- 40g radish
- 20g sunflower seeds
- free-range chicken thigh fillets
- 100g mixed salad leaves
- 40g Japanese-style dressing^{6,11}

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp white vinegar
- 2 tsp soy sauce⁶
- 1 tbs vegetable oil
- 2 tbs mayonnaise (optional)³

TOOLS

- mandoline (optional)
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 570kcal, Fat 45.4g, Carbs 8.5g, Proteins 32.1g



1. Prep ingredients

Thinly slice the **cucumber** and **radish** using a mandoline or sharp knife. Crush or finely chop **2 garlic cloves**.



2. Pickle veggies

Combine **2 tsp white vinegar** and a **pinch of salt** in a large bowl. Add the **cucumber** and **radish** and toss to combine. Set aside to pickle, tossing occasionally, until needed. Meanwhile, put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan, reserving the pan.



3. Marinate chicken

Cut the **chicken** into 2cm-thick slices. Put the chicken, **garlic** and **2 tsp soy sauce** in a bowl, season with **salt and pepper** and toss to coat.



4. Pan-fry chicken

Heat **1 tbs vegetable oil** in the reserved pan over medium-high heat. Cook the **chicken** for 2-3 mins each side until browned and cooked through. Remove from the pan. Drain the **pickled veggies**, discarding the pickling liquid. Add the **salad leaves** and **Japanese-style dressing** to the pickles and toss to combine.



5. Serve up

Put **2 tsp water** and **2 tbs mayonnaise**, if using (see Make it yours), in a bowl, season with **salt and pepper** and stir to combine. Divide the **salad** among plates and top with the **chicken**. Scatter over the **sunflower seeds**, drizzle with the **mayonnaise mixture** and enjoy!



6. Make it yours

The mayonnaise drizzle adds a creamy element to the chicken salad; however, it will be just as delicious without it!